



Garbanzo Mediterranean Fresh - Nutrient Analysis, Allergen and Ingredient Data (June 2023)

Menu Item	Volume/Weight/Unit	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	V-Vegetarian, VG-Vegan	Allergen Statement	Ingredient Statement
Proteins															
Bacon Topping	5 oz	60	0	2	0	25	320	0	0	0	0	5			Bacon (Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, May also contain Smoke Flavoring, Dextrose, Sodium Phosphate, Potassium Chloride, Sodium Diacetate, Flavoring, Honey)
Signature Chicken	3 oz	160	8	2	0	115	135	0	0	0	0	22			Chicken Thigh, Canola Oil, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric)
Eggs, Scrambled	3 oz	131.25	9.375	3.75	0	318.75	121.875	0	0	0	0	11.25	V	Eggs	Whole Egg, Citric Acid, 0.15% Water Added as Carrier for Citric Acid, Citric Acid Added to Preserve Color
Falafel	1 each	41.96	1.59	0.21	0.00	0.00	152.31	5.51	2.16	0.91	0.00	1.71	V, VG		Chickpeas (Chickpeas, Water), Spices, Onions, Olive Oil, Cilantro, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Contains less than 2% of Garlic Puree (Garlic, Citric Acid and Ascorbic Acid), Salt, Tapioca Flour, Citrus Flour
Gyro Meat	3 oz	300.21	25.21	10.36	0.00	54.50	505.23	5.94	0.67	0.23	0.00	11.96		Soy, Wheat	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Nicotinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt, Seasonings [Spices, Hydrolyzed Soy Protein, Dehydrated Garlic], Lemon Juice Concentrate
Gyro Meat	4 oz	400.29	33.61	13.82	0.00	72.66	673.63	7.92	0.89	0.31	0.00	15.94		Soy, Wheat	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Nicotinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt, Seasonings [Spices, Hydrolyzed Soy Protein, Dehydrated Garlic], Lemon Juice Concentrate
Portobello Mushrooms, Sauteed	3 oz	59.50	3.40	0.48	0.00	0.00	125.80	4.25	1.02	2.04	0.00	2.98	V, VG		Portobello Mushrooms, Canola Oil, Olive Oil, Garlic, Salt, Black Pepper
Steak	3 oz	185.14	9.69	3.73	0.00	70.29	309.43	0.00	0.00	0.00	0.00	24.00			Beef, Canola Oil, Salt, Spices (Cumin, White Pepper, Black Pepper, Smoked Paprika, Paprika, Lemon Peel Citric Acid, Turmeric)
Grains															
Flatbread Pita	94 g	240	5.0	1	0	0	510	41	2	2	0	7	V	Milk, Wheat	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate [B1], Riboflavin [B2], Folic Acid), Water, Soybean Oil, Less than 2% of: Yeast, Sugar, Salt, Non-Fat Dry Milk, Guar Gum, Baking Powder (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dough Conditioners (Calcium Sulfate, Vegetable Mono-and-Diglycerides, L-cysteine, Calcium Peroxide), Yeast Nutrients (monocalcium Phosphate, Ammonium Sulfate, Ascorbic Acid, Azodicarbonamide), Potassium Sorbate (preservative, Calcium Propionate (preservative)
Flour Tortilla (8")	1 each	135	2.75	1.5	0	0	335	23	1	1.5	0.5	4	V, VG		Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Vegetable Shortening (Contains One or More of the Following: Palm Oil and/or Corn Oil), Contains 2% or Less of the Following: Salt, Aluminum-Free Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (Calcium Propionate, Sorbic Acid), Dough Conditioner (Fumaric Acid, Xanthan Gum, Mono- and Diglycerides, Sodium Metabisulphite)
Laffa Tortilla	97 g	290	8.0	4	0	0	570	48	2	0	0	8	V, VG		Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Vegetable Shortening (Contains One or More of the Following: Palm Oil and/or Corn Oil), Contains 2% or Less of the Following: Salt, Aluminum-Free Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (Calcium Propionate, Sorbic Acid), Dough Conditioner (Fumaric Acid, Xanthan Gum, Mono- and Diglycerides, Sodium Metabisulphite)
Pita Pocket	1 each	240	1.0	0	0	0	360	47	3	5	5	9	V, VG		Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cane Sugar, Yeast, Salt, Enzymes
Pita, Gluten Free	1 each	260	1.0	0	0	0	460	60	10	2	0	2	V, VG		Water, Brown Rice Flour, Tapioca Starch, Potato Starch, Resistant Corn Starch, Quinoa Flour, Dextrose, Non-GMO Expeller Pressed Canola Oil, Yeast, Vegetable Fibers, Modified Cellulose, Salt, Xanthan Gum, Fermented Syrup, Enzymes
Pita, White	1 unit	260	0.5	0	0	0	510	56	2	5	5	7	V, VG		White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sugar, Salt, Yeast
Seasoned Rice	2 oz	88.52	2.18	0.17	0.01	0.00	265.61	15.11	0.14	0.02	0.00	1.25	V, VG		Rice, Canola Oil, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide)
Tabbouleh Salad	1.5 oz (wt)	50	2.0	0	0	0	65	8	1	1	0	1	V, VG		Bulgur Wheat, Water, Cucumber, Tomatoes, Lemon Juice, Onions, Parsley, Olive Oil, Salt, White Pepper
Vegetables															
Chips	3 oz	200.5	12.5	2.80	0	0	230	21	2	0	0	2	V, VG		Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric)
Cucumber and Tomato Salad	1.5 oz	20	1.5	0	0	0	200	2	0	1	0	0	V, VG		Cucumber, Tomatoes, Canola Oil, Salt
Fries	3 oz	267	13.8	2	0.079	0	330	19	2	0	0	2	V, VG		Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric)
Fries	6 oz	534	27.6	3.6	0.158	0	660	38	4	0	0	4	V, VG		Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric)
Hummus	2 oz	140.34	9.53	1.36	0.07	0	228.52	10.78	4.4	2.01	0	3.57	V, VG	Sesame	Cooked Chickpeas (Chickpeas, Water), Water, Olive Oil, Soybean Oil, Canola Oil And/Or Sunflower Oil, Lemon Juice, Sesame Tahini, Organic Garlic Puree (Organic Garlic, Water), Contains 2% Or Less Of: Salt, Spices
Olive Salad	5 oz (wt)	25	2.5	0	0	0	290	0	1	0	0	0	V, VG		Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar
Pepperoncini	2 pieces (2 oz)	5.00	0.0	0	0	0	620	0	1	0	0	0	V, VG		Peppers, Water, Salt, Vinegar, Citric Acid, Sodium Benzoate (as a preservative), Sodium Bisulfite (to enhance color), FD&C Yellow #5
Pickles	5 oz	0	0	0	0	0	130	0	0	0	0	0	V, VG		Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Spices, Turmeric, Polysorbate 80
Potatoes, Diced	7 oz	338.8	20	1.472	0	0	153	37.8	3.6	1.8	0	2	V, VG		Potatoes, Dextrose, Disodium Pyrophosphate (added to Maintain Color), Potassium Sorbate (added to Maintain Freshness)
Red Cabbage, Shredded	5 oz	10	1.0	0	0	0	35	1	0	0	0	0	V, VG		Cabbage, Canola Oil, Lemon Juice, Salt
Red Onions, Diced	5 oz	5.6	0	0	0	0	0	1.26	0.28	0.7	0	0.14	V, VG		Red Onion
Red Onions, Pickled	1 oz (wt)	15	0	0	0	0	40	4	0	3	3	0	V, VG		Red Onion, Water, White Wine Vinegar, Sugar, White Distilled Vinegar, Sea Salt, Calcium Chloride (a Natural Occurring Mineral to Promote Crispness)
Romaine Lettuce, Chopped	1 oz	4.76	0.08	0.00	0.00	0.00	2.24	0.92	0.59	0.33	0.00	0.34	V, VG		Romaine Lettuce
Romaine Lettuce, Chopped	3 oz	14.4	0.255	0	0	0	6.8	2.8	1.78	1.01	0	1.04	V, VG		Romaine, Lettuce
Signature Garbanzo Beans	1 oz (wt)	35	2	0	0	0	29	3	1	0	0	1	V, VG		Garbanzo Beans, Extra Virgin Olive Oil, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar)
Dressing/Sauces															
Baba Ganoush	1.5 oz (wt)	70	6	1	0	0	220	3	2	1	0	2.00	V, VG	Sesame	Roasted Eggplant (Roasted Eggplant, Salt, Citric Acid), Sesame Tahini, Olive Oil, Lemon Juice, Garlic, Salt, White Pepper
Cilantro Sauce	1 oz	25	2	0	0	0	90	1	0	1	0	0	V, VG		Tomatoes, Canola Oil, Cilantro, Jalapenos, Onions, Garlic, Salt, Lemon Juice
Feta Crumbles	5 oz	35	3	2	0	13	155	1	0	0	2	0	V	Milk	Feta Cheese (cultured Pasteurized Milk, Salt, Enzymes), Natamycin (a Natural Mold Inhibitor)
Greek Vinaigrette	1 oz	130	12	1	0	0	330	4	0	3	3	0	V, VG		Canola Oil, Vinegar, Sugar, Black Pepper, Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Garlic, Fresh Oregano
Signature Red Sauce	1 oz	45	3.5	0	0	0	235	2	0	1	0	0	V, VG		Water, Jalapenos, Tomatoes, Canola and/or Sunflower Oil, Garlic, Salt, Red Wine Vinegar, Crushed Red Peppers, Ascorbic Acid And Citric Acid
Signature White Sauce	1 oz	140	17	3	0	15	220	0	0	0	0	0	V	Egg	Mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled Vinegar, Contains Less Than 2% of Salt, Mustard Seed, Calcium Disodium EDTA Added to protect flavor), Water, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar)
Tahini Sauce	1 oz	70	6	1	0	0	95	0	2	0	0	3	V, VG	Sesame	Water, Sesame Tahini, Lemon Juice, Parsley, Garlic, Salt, White Pepper

Tzatziki	1 oz	35	3	1	0	5	110	2	0	1	0	1	V	Milk	Sour Cream (Grade A Cultured Cream), Yogurt (Cultured Pasteurized Grade A Nonfat Milk, Contains Less than 2% of: Corn Starch, Kosher Gelatin, Pectin, Vitamin A Acetate, Vitamin D3), Cucumber, Lemon Juice, Canola Oil, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar), Garlic, Olive Oil, Salt, Black Pepper, Cumin.
Desserts															
Baklava	60 g	260	11.00	1.50	0.00	0.00	280.00	37.00	3.00	17.00	16.00	4.00	V	Tree Nuts (Almonds, Walnuts), Wheat	Filo (Enriched Bleached Wheat Flour, Water, Corn Starch, Corn or Soybean Oil, Salt, Folic Acid), Water, Corn Syrup, Sugar, Walnuts, Almonds, Palm Oil, Honey, Citric Acid, Lecithin, Cinnamon, Natural and Artificial Butter Flavoring, Vanilla, and Rosewater
Whole Apple	1 unit	100.00	0	0	0	0	0	24	4	13	0	0	V, VG		Apple
Cookies	3 oz	370	18	9	0	30	210	52	2	31	30	4	V	Egg, Milk, Soy, Wheat	Enriched Wheat Flour (Wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Brown Sugar, Sugar, Margarine (Vegetable Oil Blend (Palm Fruit, Soybean Acid Olive Oils), Water, Salt, Non-Fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Invert Sugar, Molasses, Salt, Baking Soda, Natural Vanilla Flavor.
Beverages															
Berry Patch	12 fl oz	130	0	0	0	0	0	31	0	31	30	0	V, VG		Organic Cane Sugar, Water, Organic Pomegranate Juice Concentrate, Organic Strawberry Juice Concentrate, Organic Apple Cider Vinegar, Organic Cherry Juice Concentrate, Citric Acid, Organic Fruit and Vegetable Juice for Color, Tartaric Acid, Natural Flavor
Blackberry	12 fl oz	130	0	0	0	0	0	31	0	30	30	0	V, VG		Organic Cane Sugar, Water, Organic Blackberry Juice Concentrate, Organic Apple Cider Vinegar, Citric Acid, Malic Acid, Organic Natural Flavor
Blood Orange	12 fl oz	150	0	0	0	0	0	38	0	38	38	0	V, VG		Organic Cane Sugar, Water, Black Carrot Extract (for color), Citric Acid, Organic Orange Oil, Organic Turmeric (for color), Natural Flavor, Organic Grapefruit Oil, Organic Blood Orange Oil, Organic Pomegranate Juice Concentrate, Organic Mandarin Oil, Organic Tangerine Oil, Organic Coriander Seed Oil, Organic Lime Oil
Cherry Cream	12 fl oz	160	0	0	0	0	0	39	0	38	38	0	V, VG		Organic Cane Sugar, Water, Black Carrot Extract (for color), Organic Burnt Sugar (for color), Organic Cherry Juice Concentrate, Natural Flavor, Organic Quillaja Extract, Organic Vanilla Extract, Citric Acid, Malic Acid, Organic Cocoa Extract, Organic Nutmeg Oil
Coconut	12 fl oz	170	0	0	0	0	0	40	0	40	40	0	V, VG		Organic Cane Sugar, Water, Organic Ethyl Alcohol, Organic Coconut Cream, Natural Flavor, Citric Acid, Organic Natural Flavor
Cucumber	12 fl oz	160	0	0	0	0	15	38	0	38	38	0	V, VG		Organic Cane Sugar, Water, Salt, Citric Acid, Natural Flavor, Organic Natural Flavor
Hibiscus	12 fl oz	120	0	0	0	0	0	29	0	29	29	0	V, VG		Organic Cane Sugar, Water, Organic Hibiscus Flower, Malic Acid, Citric Acid, Tartaric Acid, Organic Natural Flavor, Natural Flavor
Kola Cola	12 fl oz	160	0	0	0	0	0	39	0	39	39	0	V, VG		Organic Cane Sugar, Water, Organic Burnt Sugar (for color), Organic Cinnamon, Citric Acid, Organic Lime Oil, Natural Flavor (including extractives of Kola), Organic Orange Oil, Organic Marjoram Oil, Organic Coriander Seed Oil, Organic Black Pepper Oil, Organic Nutmeg Oil, Organic Lemongrass Oil, Organic Cassia Bark Oil, Organic Vanilla Extract
Kola Cola Light	12 fl oz	60	0	0	0	0	0	16	0	16	16	0	V, VG		Organic Cane Sugar, Water, Organic Burnt Sugar (for color), Organic Cinnamon, Organic Reb A, Organic Lime Oil, Citric Acid, Organic Orange Oil, Natural Flavor (including extractives of Kola), Organic Marjoram Oil, Organic Coriander Seed Oil, Organic Black Pepper Oil, Organic Nutmeg Oil, Organic Lemongrass Oil, Organic Cassia Bark Oil, Organic Vanilla Extract
Lemonade	12 fl oz	130	0	0	0	0	5	31	1	29	29	0	V, VG		Organic Cane Sugar, Water, Organic Lemon Juice Concentrate, Organic Lemon Pulp, Citric Acid, Organic Jerusalem Artichoke Inulin, Organic Natural Flavor, Natural Flavor, Organic Turmeric Extract (for color)
Lemongrass	12 fl oz	160	0	0	0	0	0	39	0	39	39	0	V, VG		Organic Cane Sugar, Water, Organic Turmeric (for color), Natural Flavor, Organic Lemon Oil, Organic Lime Oil, Citric Acid, Organic Lemongrass Oil, Organic Neroli Oil
Milk, Chocolate (Reduced Fat)	8 fl oz	150	2.5	1.5	0	15	180	23	0	22	10	8	V	Milk	Organic Grade A Lowfat Milk, Organic Cane Sugar, Organic Cocoa (Dutch Process), Organic Cocoa, Gellan Gum, Organic Vanilla Extract, Salt, Vitamin A Palmitate, Vitamin D3
Milk, Lowfat 1%	8 fl oz	102	2.5	1.5	0	15	135	13	0	12	0	8	V		Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D3
Milk, Whole	8 fl oz	150	8	5	0	35	120	11	0	12	0	8	V	Milk	Milk, Vitamin D3
San Pellegrino	12 fl oz	0	0	0	0	0	10	0	0	0	0	0	V, VG		Carbonated Mineral Water
Unsweet Green Tea	12 fl oz	0	0	0	0	0	0	1	0	0	0	0	V, VG		Water, Organic Cold Brew Green Tea Extract, Citric Acid, Organic Burnt Sugar (for color), Organic Natural Flavor